



Her Newsletter

2024

April

THE
CENTRE
FOR WOMEN
& CO.

her.
platform

The Centre for Women & Co. acknowledges and pays respect to the traditional owners of the lands on which we work and live; the Jagera, Yugambah and Quandamooka peoples and to the more than 250 Indigenous nations across Australia.

We recognise our First Nations peoples continued connection to land, sea, culture and community. We learn their histories and teachings through considered and purposeful collaboration and reconciliation.

The Centre for Women & Co. recognises sovereignty has never been ceded.

Always was and always will be.

Who are we?

The Centre for Women & Co. is a not-for-profit organisation that exists to educate, support and empower women and their families across the Redlands and Logan regions.

Our services are free and available for people who live or work in Logan, Beenleigh and the Redlands. We accept self-referrals and referrals from other organisations or doctors.

Please call 07 3050 3060 to speak with one of our team to arrange an appointment.

We also provide DFV support at the Cleveland and Logan Central offices.

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Connect With Us!

SUBSCRIBE

Never miss an issue.

Subscribe at centreforwomen.org.au.

CONTACT US

For general inquiries about our newsletter, social media pages or community education and engagement, write to hello@centreforwomen.org.au.

DONATIONS

To inquire about donations and support, get in touch at hello@centreforwomen.org.au. or follow this link <https://centre-forwomen.org.au/donations>



Hello!

Hello & Welcome to the April Her Newsletter for 2024!

We are zooming through the first half of this year, and we are getting ready for a busy three months. Before we dive into what's coming up, let's recap the first three months of the year!

We started with a Screen-Printing Workshop, then our signature groups, Ignite, Flourish, Kickstarter, Rise & Healing Together.

Some of our team attended the Bullang Junnebei Neubani launch in February. This is UnitingCare's Intensive Family Support (Logan) First Nations pathway to Intensive Family Support.

We then celebrated Queensland Women's Week & International Women's Day in the first week of March. During this week we held two workshops and visited Parliament House!

Between the groups, workshops & events, we also started working on The Centre for Women & Co's. Domestic & Family Violence Prevention Month campaign. Our upcoming Mother's Day Makers Market was set in stone and stalls are confirmed!

We have worked on so many resources, programs and campaigns and we are now ready for the next three months.

Our CFW team completed two Working Bee day's (on Saturday's!) to help our Intake Team with referrals and clients with much needed support. Massive shout-out to the teams who jumped on board and made this happen <3

We are really excited for the next three months (we always say this, but I really mean it!). You can expect new Her Platform merch, educational social media posts, more creative workshops, fun markets/events, and lot's of growth!

ELLA-JAYNE

**COMMUNITY
ENGAGEMENT
OFFICER**



What's been going on?

QUEENSLAND WOMEN'S WEEK

We celebrated QWW from the 3rd-10th of March! On the 6th of March, Stacey, Nicola & Ella-Jayne were at Parliament House when the Affirmative Consent and Coercive Control laws were passed. It was incredible to witness history in the making. These laws are a major milestone for survivors of sexual, and domestic and family Violence in Queensland.



INTERNATIONAL WOMEN'S DAY

During QWW, we also celebrated International Women's Day (IWD)! On the 7th we held a workshop with TRUE & 99Steps on the topic of Navigating the Australian Health Systems for women in our community. This workshop saw 20 participants, 4 interpreters and some incredible outcomes.

On the 8th we held a Morning Tea on the topic of Understanding Menopause with Katherine Maslen, a Naturopath & Author. This morning tea was amazing! Look out on our social media for some educational posts with information from this Morning Tea.



CREPE PAPER WORKSHOP

In March we held a creative workshop where participants were guided by Ella, our community engagement officer, and created daffodils out of crepe paper!

After the workshop we received an overwhelming amount of positive feedback from participant and others who could not make it, requesting to host another workshop. We are excited to share that on the 22nd of May from 10am at our Her Space, we will be hosting another Crepe Paper Workshop - this time making Poppies!

Register to our upcoming Crepe Paper Workshop via [this link](#).





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POLYMER CLAY EARRINGS

FREE CREATIVE WORKSHOP

18TH OF APRIL | 12:30PM - 2:30PM
UNIT 12, 126/130 COMPTON ROAD,
WOODRIDGE

Join us for a fun, creative session crafting your own unique polymer clay earrings!

In this beginner friendly workshop, you will learn the fundamental techniques including marbling, and creating patterns through texture sheets and surface design. Create up to 3 pairs of earrings using contemporary cutters and tools, with all clay and hardware provided.

Don't miss this fantastic opportunity to create special memories with friends, or come alone for some precious 'me' time. You deserve it!

Register by calling, 07 3050 3060 or email
[Hello@CentreForWomen.org.au](mailto>Hello@CentreForWomen.org.au)
www.centreforwomen.org.au/services

What's coming up?

WELLEBING WORKSHOPS FOR WOMEN LIVING IN
LOGAN, BEENLEIGH AND THE REDLANDS.

APRIL

Thursday 18th: Polymer Clay Earring Workshop

12:30pm - 2:30pm | FREE

Unit 12, 126-130 Compton Road, Underwood, 4119

Tuesday 23rd: Kickstarter (4 sessions)

9:30am - 1pm | FREE

Logan - Address TBA

Friday 26th: Kickstarter (4 sessions)

9:30am - 1pm | FREE

Cleveland - Address TBA

Monday 22nd: Flourish (5 sessions)

9:30am - 1pm | FREE

Cleveland - Address TBA

MAY

Thursday 2nd: Ignite

9:30am - 1pm | FREE

29 City Road, Beenleigh

Tuesday 7th: Art Therapy

12:30pm - 2pm | FREE

29 City Road, Beenleigh



Thursday 9th: Flourish
9:30am - 1pm | FREE
29 City Road, Beenleigh

Wednesday 22nd: Crepe Paper Florals
10am - 12pm | FREE
Unit 12, 126-130 Compton Road, Underwood, 4119

Tuesday 21st: Kickstarter (4 sessions)
9:30am - 1pm | FREE
Logan - Address TBA

Friday 24th: Kickstarter (4 sessions)
9:30am - 1pm | FREE
Cleveland - Address TBA

JUNE

Thursday 13th: Ignite
9:30am - 1pm | FREE
29 City Road, Beenleigh

Friday 14th: Meal Prep & Planning on a Budget 101
10am - 12pm | FREE
29 City Road, Beenleigh

If you would like to attend one of our upcoming workshops or groups,
please contact one of the following addresses:

For workshops in the Redlands, Logan or the Kickstarter Program:
Groups@centreforwomen.org.au

For workshops in Underwood, Morning Teas and general questions:
Hello@centreforwomen.org.au

07 3050 3060



KICKSTARTER WOMEN'S CAREER EVENT

Join us for an enriching event tailored to Kickstarter enthusiasts, women in business, employer services, and networking enthusiasts!

Discover Your Potential as you connect with like-minded women and unlock new business opportunities while enjoying catering, goodies, and exclusive resources. Be inspired by three phenomenal guest speakers sharing insights on women's leadership and navigating the business world. Don't miss out! Mark your calendars & register for a morning of empowerment and connection.

FREE TO ATTEND
8th of May | 10:30am - 1pm
Her Space (Unit 12, 126-130
Compton Road, Woodridge 4114)

To register your seat, please go to [Eventbrite](#) or email Hello@centreforwomen.org.au



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Community Change Maker

Our Community Change Maker segment is where we highlight someone who making a big positive impact in our local community.

LYDIA
TEAM LEADER

Thank you to this edition's Community Change Maker for letting us share their incredible story.

TELL US ABOUT YOURSELF!

Hello! I'm Lydia. I was born and raised in Meanjin/Brisbane and I haven't ever lived anywhere else! I am a second-generation immigrant – both my parents immigrated to Australia when they were very young, so I would say that my upbringing and lifestyle has been heavily influenced by Western culture however I still hold on to a lot of the values and traditions that were instilled in me. My husband and I have 2 cats whom we love and treasure dearly and absolutely allow to be the kings of the household.

I'm proud to say that I've been working at The Centre for Women & Co. for almost 9 years and am still loving it!

WHAT HAVE YOU RECENTLY BEEN FOCUSING ON?

I have been in my role as a Team Leader for almost 5 years, however the role itself has constantly been changing and adapting with the demands, just like our organisation has.



I currently manage the Assessment & Response Team and the QPS Co-Engagement program. My biggest focus over the past few months has been upskilling and mentoring new team members, streamlining processes within some of our new programs and strengthening professional networks.

WHY DO YOU DO WHAT YOU DO?

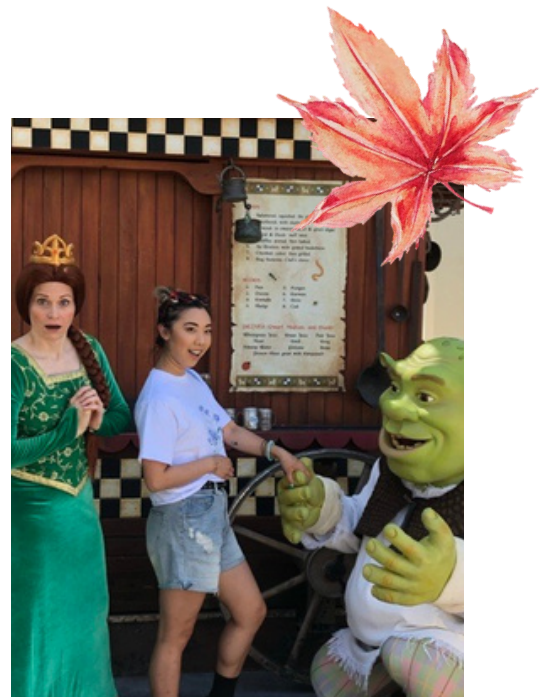
It seems strange to say that working in the DFV space is 'enjoyable' but it truthfully is and I think that is largely because of the workplace, the team, and the people that I am surrounded by every day. In my role I am not doing as much frontline client work as I have in the past, but it has given me the opportunity to help create new processes and provide my input to ultimately be part of broader change, especially in the Logan and Redlands region. The landscape of responding to Domestic and Family Violence continues to change rapidly, and I feel privileged to be part and witness to that.

WHAT IS SOMETHING THAT BRINGS YOU JOY?

Honestly, getting into bed before 7:30pm (or earlier), cats nearby, book out or TV on while I am tapping away at my phone playing GardenScapes is one of the greatest feelings in the world for me. Something that fills my metaphorical cup is as simple as hanging out at a café with my Loops in and a good book – pure bliss. I also love planning events, jam and fresh cream donuts (the long ones), and making friends with our neighbourhood cats.

WHAT IS A MESSAGE THAT YOU WANT TO TELL YOUR FUTURE SELF?

Life is pretty great when you are around people who appreciate who you really are and encourage you to be yourself. They are rare, so hold on to them. I hope you are still finding joy in the little things!



not my cat

IGNITE

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SPARK YOUR JOURNEY TO SELF-COMPASSION

FREE TO ATTEND
2ND MAY | 9:30 AM- 1 PM
29 CITY ROAD, BEENLEIGH

Join us for a 3-and-a-half-hour workshop where we introduce the concept of:

- self-compassion
- self-care
- mindfulness
- your inner critic
- managing emotions

Walk away with an increased understanding of your wellbeing and ability to practice adaptive coping skills in your every day life.

Register by calling, 07 3050 3060 or email
Groups@CentreForWomen.org.au
www.centreforwomen.org.au/services



Carrot Cake

It's starting to cool down and sweet treats are a must for Easter time! This means one thing, Carrot Cake, with cream cheese icing! It's my current obsession so I hope you love it.

INGREDIENTS

2 grated carrots
2 eggs
120g vegetable oil
120g butter milk
1 tsp vanilla paste
75g brown sugar
55g white sugar
170g plain flour
1 tsp baking powder
1/2 tsp baking soda
Cinnamon, Nutmeg, Salt



ELLA

COMMUNITY

ENGAGEMENT OFFICER

DIRECTIONS

1. Pre-heat your oven to 180 degrees and line a rectangle loaf tin.
2. Mix all of your wet ingredients together, including the grated carrots.
3. Combine the remaining dry ingredients and fold until mixture is combined.
4. Pour your mixture into the pre-lined tin and bake for 40-50 mins. Make sure to check half way.
5. Once baked, remove the cake from the tin and let cool on a rack.
6. To make your icing you'll need equal parts of cream cheese and icing sugar.
7. Once your cake has cooled and has been iced, you are ready to serve with a nice cup of tea or hot choccy!

*You can use this recipe to make cupcakes.



ART THERAPY

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SAFETY AND EMOTIONAL REGULATION

Take part in our 'Safe Place Grounding' art therapy session with qualified Counsellor and Art Therapist, Charlotte.

The 'Safe Place Grounding' art therapy session will help you work on safety and emotional regulation in a therapeutic and purposeful environment.

To ensure time and attention for each participant, places are limited. Please register to avoid missing out on this group.

**FREE TO ATTEND
TUESDAY MAY 7TH
12.30PM - 2.00PM
29 CITY ROAD BEENLEIGH**

Register by emailing
Hello@centreforwomen.org.au



Exploring Autumn's Symbolic Shifts

As the intense heat of summer fades the leaves to brown, we find ourselves enveloped in Autumn; a time where nature orchestrates a symphony of change. She paints our world in glistening gold and hazelnut hues. The transitional power of Autumn mirrors the power and beauty of change and renewal in our own lives.

The change in the leaves around us remind us that change is an inherent part of the human experience. When the leaves turn brown, it symbolises the end of a chapter. It symbolises that something is no longer needed, no matter how beautiful and important it once was.

When these leaves break off and drift to the ground in the breeze, it symbolises the importance of letting go of old habits, beliefs and burdens that weigh us down. While the tree may not be in its most beautiful state in the dead of winter, it is like a caterpillar in a cocoon; transitioning and growing into what it needs to be. The time of preparation in Autumn reminds us to prepare for our journey ahead. Take the time to consider what you need to cultivate resilience and fortitude in the face of change and challenge.



NICOLA
MCE TEAM LEADER

Autumn is neither cold, nor warm, nor is it light or dark. It is a time that embodies balance and the equilibrium between two opposites. As the days get longer and the nights get colder, it reminds us that we can embrace both joy and grief, anxiety and excitement, and growth and letting go.

As we immerse ourselves in Autumn, embrace the transitory nature of existence.

Find solace in the knowledge that our lives are in a constant state of flux. Remember that like the leaves dropping, change is not something to be feared, but rather embraced as an opportunity for growth and renewal. Through this acceptance, we can cultivate a deeper sense of resilience, allowing us to navigate life's ever-changing landscape.



FLOURISH

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JOIN US FOR OUR SIGNATURE WORKSHOP
SERIES

FREE TO ATTEND
9:30 AM- 1 PM
CLEVELAND - ADDRESS TBA

22/04 | Nourish
29/04 | Cultivate
13/05 | Digging Deep
20/05 | Digging Deeper
27/05 | Bloom

Flourish is our signature 5 part workshop series where we dive into personal development. We cover topics like personal boundaries, self-confidence, self-worth, diet culture, sleep hygiene, healing from trauma & wellbeing.

Register by calling, 07 3050 3060,
or email Groups@CentreForWomen.org.au
www.centreforwomen.org.au/services





NIC
INTAKE TEAM

Have you heard of...

Have you Heard Of is a new section in *Her Newsletter* where we take some time to spotlight the amazing podcasts, books, shows and resources we have available in our communities!

Thank you to Nic for the show recommendation!

HEART BREAK HIGH



Heartbreak High is an Australian comedy drama television series created for Netflix, by Hannah Carroll Chapman. It is a soft-reboot of the 1994 series first screened on Network Ten. The series follow the students and teachers of Hartley High as they navigate racial tensions in Australia, high school romances, and all sorts of teen angst. A month after it was released, the show was renewed for a second season, which is set to premiere on 11 April 2024. (Next week!)



CREATIVE WORKSHOP
**CREPE PAPER
FLORALS**

Wednesday, 22nd of May
10 am - 12 pm
Unit 12, 126/130 Compton Road,
Underwood

Unleash your creativity in a vibrant crepe paper floral workshop! Join us for an immersive experience where you'll learn the art of crafting stunning, lifelike blooms from colorful crepe paper. Guided by Ella from CFW, discover the secrets to crafting exquisite floral arrangements that will brighten any space. Let your imagination bloom!

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Registration is essential, please call
3050 3060 or email
hello@centreforwomen.org.au to secure
your seat.

*Connect
with us!*

**CLEVELAND, BEENLEIGH
& LOGAN CENTRAL IS
OPEN:**

Monday to Friday
9am - 4pm

We are located at Beenleigh,
Cleveland and Logan Central, for
the full address, please call us on
07 3050 3060.

www.centreforwomen.org.au

Facebook: CentreForWomenandCo
Instagram: @thecentreforwomen.co

**IF YOU OR SOMEONE YOU KNOW
IS IN DANGER, CONTACT THE
POLICE IMMEDIATELY ON 000**

Other important services

DV Connect - 1800 811 811

Lifeline - 13 11 14

Chat online at - lifeline.org.au
(7pm - 12 am daily)

Text support on - 0477 13 11 14
(6pm - 12am daily)

Kids Helpline - 1800 55 1800

Chat online at - kidshelpline.com.au
(24 hours all year round)

Homeless Persons Information
Centre - 1800 474 753

Youth Beyond Blue - 1300 22 4636

Chat online - youthbeyondblue.com
(3pm- 12am daily)

National Sexual Assault, Domestic
Family Violence Counselling Service
- 1800 010 120 (1800 RESPECT)

Chat online - 1800respect.org.au

**YOU ARE
NOT ALONE.
BE CONNECTED.
BE SAFE.**

*Thanks for
reading!*

We are blessed to be supported so wholeheartedly by our community. A big thank you to our partners and sponsors for all your support and for being part of the solution. These are just some of the people who have supported this past year.

#strongertogether

WE
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STRONGER
TOGETHER.

